Promoting healthy food choices for Alaskans!

Eat Smart Alaska (ESA)

Minutes for December 16, 2009



www.takeheart.alaska.gov

Present: Sarah McConnell, Anne Bridges, Christine Niles, Andrea Bersamin, Nancy Knapp, Shawn Meyers, Barbara Stillwater, Martha Pearson, Diane Peck

MINUTES

1. Member Updates:

Diane – the Obesity Prevention and Control Program received the American Recovery and Reinvestment Act (ARRA) non-competitive state grant that will be used to forward the new state PE recommendations and develop a new food policy council. The OPCP was not included in this year's Governor's budget.

Sarah - the Troth Yeddha' program did not get the USDA extension grant; they have one more year on the current grant. Currently have 12 students looking for practicum projects. The Tok, Tanacross, Eagle area are having a 2-day intensive rural nutrition class February 16th & 17th. She was invited to participate in the Alaska School Nutrition Association Conference in January.

2. 2010 Action Plans (see attached work plan)

- 1. Traditional Food Resources Diane will finalize and send to group for review. This document will be posted on the THA website and we should be able to easily add new resources. Other distribution avenues could be the UAF Wellness Consultants can take to employees in rural communities, and linking with the Special Diabetes Groups in Indian County.
- 2. Traditional Foods in Schools CANHR's research with schools and communities will be extremely helpful in determining how we can work with schools. EED is currently collecting recipes for analysis; Diane will see if there is anything ESA can do to help with this.

Discussed working with community leaders to help increase awareness of this issue. Sarah will try to see if Tanana Chiefs Conference will introduce a resolution at their March conference. Barbara thought working with smaller tribal organization would be more effective than larger AFN conference. There are so many "good ideas" at the large conference, but are often forgotten when people go home.

Andrea mentioned this issue might be a good fit for a new NIH funding opportunity on school nutrition & physical activity policies and obesity. She will send an email to the ESA group to see if people would be interested in working on this together.

Sarah recommended bringing more rural people into this initiative to get their perspectives.

3. WISEFAMILIES – Discussed working with SEARHC to see if they have worked with other communities to replicate or promote this model, if other communities have expressed interest in this model, and what are their long-term goals for the program.

3. Upcoming Meetings by Teleconference

- Healthy Lifestyles Tuesday, January 19th @ 2:00
- Eat Smart AK Wednesday, February 17th @ 2:00